



# A STUDY TO ASSESS THE KNOWLEDGE AND PRACTICES OF HANDWASHING AND ITS IMPLICATION AMONG STAFF NURSES WORKING IN SELECTED UNITS OF BOMBAY HOSPITAL, INDORE (M. P.)

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## ABSTRACT

Hand washing for hand hygiene is the act of cleaning the hands with or without the use of water or another liquid, or with the use of soap, for the purpose of removing soil, dirt, and/or microorganisms. The objectives of the study were a) to assess the level of knowledge of the nurses regarding hand washing. b) to assess the practice of nurses in the implication of hand washing. Descriptive research design was used. Sample subjects (N=50) were selected by convenient sampling technique. The duration of study was from 8th January to 12<sup>th</sup> January 2016. The findings of the study show that mean score of practice related to hand washing among staff nurses was (12.8) & this value indicates that nurses were having good practice regarding hand washing on the basis of score of practice. The data also indicates that median value (13) shows that staff nurses were having good practice of hand washing. The study concluded that staff nurses were having good knowledge and practice skills regarding hand washing.

## INTRODUCTION:

Hand washing is regarded as the single, most effective way of controlling health care associated infection. It is the simplest measure for preventing the spread of bacteria, pathogen and viruses. Nosocomial infection rate are often higher for ICU than other units of hospital. Hands of health care workers play a major role in the transmission of infection. Despite wide spread knowledge of the importance of hand washing, health care workers wash their hands for less often and this is the cause for prevalence and incidence of nosocomial infections. Infection control can be easily carried out by methods other than hand washing like, antisepsis that involves scrubbing the skin with antiseptic solutions. Washing your hands properly with soap and warm water is the single most important thing you can do to help reduce the spread of infections and help protect you, your family and those around you.

The objectives of the study were:

- To assess the level of knowledge of the nurses regarding hand washing working in Bombay Hospital, Indore
- To assess the practice of nurses in the implication of hand washing working in Bombay Hospital, Indore.

## HYPOTHESIS

**H1 :** There is a significant association between level of knowledge of the staff nurses with socio-demographic variables at the level of  $P < 0.05$ .

## MATERIALS AND METHODS :

A descriptive study was carried out among male and female staff nurses of Bombay Hospital, Indore. The duration of study was from 8th January to 12th January 2016. Sample subjects (N=50) were selected by convenient sampling technique. Information was collected through self-structured survey questionnaire. A self structured interview survey questionnaire (multiple choice questions) was used to assess the background of knowledge of Hand washing and checklist to assess practice of Hand washing.

## RESULT:

Percentage distribution of staff nurses according to demographic variable shows that majority (84%) of subjects were in the age groups of (21-30), majority (98%) of staff nurses were GNM (50%). Majority of years of experience of nurses were fresher and 2 years i.e. 38%. Descriptive and inferential statistics were used for analysis. It was found that mean score of practice related to hand washing among staff nurses was (12.8) & this value indicates that nurses were having good practice regarding hand washing on the basis of score of practice. The data also indicates that the median value (13) shows that staff nurses were having good practice of hand washing. The standard deviation for hand washing knowledge is 2.587. The standard deviation for hand washing practice is 2.722.

## DISCUSSION:

The findings of the study show that out of 50 samples taken for the study (4) had excellent knowledge, (36) had good knowledge, (10) had average knowledge and (0) had poor knowledge.

The findings of the study show that out of 50 samples, (14) had excellent practice, (22) had good practice, (14) had average practice and (0) had poor practice.

## IMPLICATION:

### Nursing research:

- A similar study can be conducted on a large scale.
- The result of the study should be discussed with other nurses in hospital so as to put forward joint efforts on large scale.

### Nursing administration:

- By improving hand washing facilities in hospital.
- Nursing supervisor should actively participate in learning experience of junior nurses.
- Need to talk to nurses to know about what need to happen to improve hand washing.
- Administration must consider changing the work context.

## CONCLUSION:

The study concluded that staff nurses were having good knowledge and practice skills regarding hand washing.

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